

The future will never remember what was in your bank account or what kind of car you drove. The future will remember that wild ride of life where you believed in others and left a gift behind for someone to dream the impossible. The gift was your own life. It does not matter whether it was long or short. What did you leave behind?

Out of Nowhere-The Inside Story of How Nike Marketed the Culture of Running by Geoff Hollister

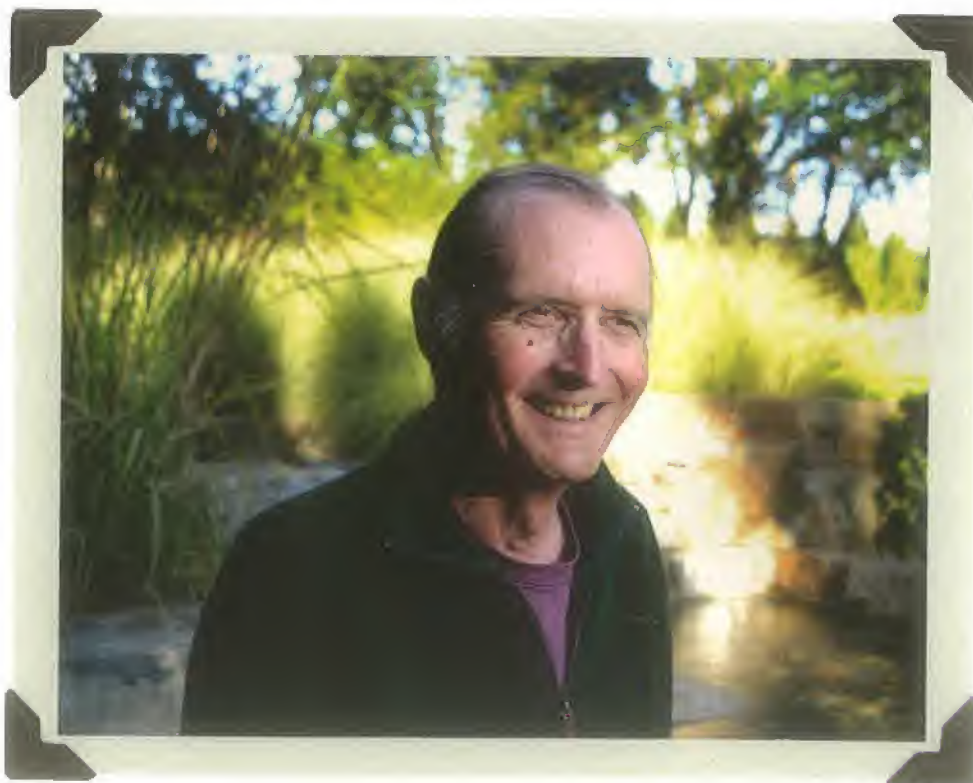


Photo by Sarah Henderson

JUST *Cook* IT



A Cookbook Photo Album
in Loving Homemade Memory of
Geoff Hollister

May you have air in your lungs, life in your legs,
have the wind at your back and wings on your feet.
I am honored and humbled.
Geoff Hollister



This non-diet collection of recipes is dedicated to the entire loving support network of friends and family who helped sustain Geoff, allowing him to live longer than the diagnosed 2.5 years.

Recipes compiled by Wendy Hollister
Designed by Diane Dressler Dean and Wendy Hollister

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APPETIZERS

Whatever you can do, or think you can, begin it,
 Boldness has power and genius,
 And magic in it.
Goethe

Antipasto

(recipe from sailing mate Colleen Cattell Atkins)

Yield: approximately 16-1/2 pt jars

Wine suggestions: Chianti, Dolcetto D'alba, Pinot Grigio

2 tins pitted black olives
 2 jars green olives with pimentos
 1 small cauliflower
 2 red peppers
 2 green peppers
 1 large jar silver skin small onions
 2 tins broken shrimp
 2 tins tuna
 1 1/2 c olive oil
 2 tins green beans
 4 bottles ketchup (approx. 60 ounces)
 2 tins sliced mushrooms
 2 tins anchovies
 1 large jar mixed pickles

Drain everything. Parboil cauliflower for approximately 10 minutes in salt water.
 Then chop everything BY HAND (if you use a blender it will be mush).
 Put the oil, cauliflower, onions and olives into a large pot and bring to a boil for 5 minutes.
 Add the mushrooms, green and red peppers, ketchup, beans and boil for a further 5 minutes.
 Add the rest of the mix and boil for a further 10 – 15 minutes.
 Let the mixture cool and sit in the fridge overnight to develop flavor.
 Place in jars with lids and freeze.
 It will also keep in the fridge for 7 days.
 This antipasto is delicious served on crackers or bread.



Average, unexceptional people working together, can accomplish remarkable, exceptional, even inconceivable things.
Jeff Johnson

Corn Salsa and Cream Cheese Dip

(recipe created by Jeri Botsford)

Yield: 1-1/2 c

Wine suggestions: Buttery, oaky CA Chardonnay, NZ Sauvignon Blanc

1 (15 oz) jar Trader Joe's corn salsa

1 (8 oz) package cream cheese

1 package Trader Joe's rice crackers

1 package bagel chips

Soften the cream cheese. Pour the corn salsa over the cream cheese. Swirl around to mix lightly. Serve with crackers and chips. This was a hit with Geoff especially on Superbowl Sunday.



Friends cherish each other's hopes.
They are kind to each other's dreams.
Henry David Thoreau

Cowboy Caviar

(recipe from Jenny Lamott's mother Janet)

Yield: 2 cups

Wine suggestions: Buttery, oaky CA Chardonnay, NZ Sauvignon Blanc

1 can (15 oz) black-eyed peas

1 can (15 oz) gold and white corn

2 ripe tomatoes

2 ripe avocados

1 bunch cilantro, chopped

1 bunch green onions, chopped

¼ red onion, finely chopped

Dressing:

¼ c red wine vinegar

¼ c extra virgin olive oil

1 Tbsp cumin

Sea salt and black pepper to taste

Whisk dressing ingredients and pour over the salad. Serve with rice crackers, pita chips and/or corn chips.



Two things are infinite: the universe and human stupidity;
and I'm not sure about the universe.
Albert Einstein

Jody's Cowgirl Nachos

(recipe from Tumalo, OR from the horse whisperer Jody Johnson)

Yield: 4-5 for dinner, 8-10 for appetizers

Beverage suggestions: Beer, Margaritas, Sparkling Wine, Zinfandel

1 lb ground beef
1 medium onion, chopped
1 green pepper, chopped
1 can chopped green chilies
1 can refried beans-I use the spicy ones
1 c salsa
1 16 oz bag taco chips
1 can pitted olives, sliced
1/4 c green onion, sliced
1 large tomato, chopped
2 c cheddar cheese, grated

Brown ground beef and onion using small amount of oil. Add green pepper, green chilies, refried beans and taco sauce.

Mix well and let simmer for about one-half hour, stirring often.

Spread taco chips in single layer on cookie sheet. Drop spoonfuls of meat mixture over chips.

Sprinkle olives over top then cover with cheese.

Preheat oven to 400 F and bake for about 15 minutes or until cheese is melted.

Add chopped tomatoes and green onion before serving.

Serve with salsa, sour cream and guacamole.

If Jody needs more she will make two layers...increase cooking time by 5 or 10 mins.



Love is so short, forgetting is so long.
Pablo Neruda

Spinach and Pork Gyozas with Spicy Soya Dip

(recipe from Wendy Hollister)

Serves 8. This is a hit with our Sequim neighbors Mary Lee Smit and Ray Carrell.

Wine suggestions: Gewürztraminer

Filling:

1 lb ground pork
1 tsp sesame oil
1 egg
1 Tbsp soya sauce
Freshly ground pepper
1 tsp cornstarch
1 pkg frozen spinach, thawed and drained
2 cloves garlic, minced
1 Tbsp ginger root, grated

Spicy Dipping Sauce:

1 c soya sauce
1/4 c sugar
2 green onions, finely chopped
1 clove garlic, minced
1 tsp ginger, grated
1 tsp chili oil or 1 chopped jalapeño
1 tsp sesame oil
1/2 c water
Mix and set aside in a bowl.

2 c. canola oil for frying
1-2 pkgs wonton wrappers

Sauté pork in 1 Tbsp canola oil. Add garlic, ginger, egg, spinach, soya sauce, sesame oil, black pepper and cornstarch. Turn off the heat. Mix well and set aside. Let mixture cool before assembly gyozas.

Have a damp cloth, cookie sheet and small bowl of water ready when you are assembling the dumplings.

Place 1-1/2 to 2 tsp of filling in the middle of a won ton wrapper. Dot the corners with cold water. Fold wrapper and ridge edges. Set on cookie sheet and cover with a lightly dampened towel. When all gyoza are assembled, heat a cast iron frying pan with canola oil. Place gyoza in the hot oil. Watch carefully and turn gyoza over to brown evenly. When the gyoza floats on the oil, they are cooked. Place on a cookie sheet lined with paper towels to soak up excess oil. Arrange gyoza on a pre-warmed platter and serve with the spicy dipping sauce.

If you have leftover gyoza, you can freeze them in a Ziploc bag and reheat in the oven.

You can turn painful situations around through laughter.
If you can find humor in anything, you can survive it.
Bill Cosby

Turkish Zucchini Pancakes

(adapted from an Epicurious.com recipe)

Yield: makes about 20 pancakes

Wine suggestions: Beaujolais, Dolcetto, Sauvignon Blanc, Sancerre

1 lb zucchini, trimmed, coarsely grated
2 c chopped green onions
4 eggs, beaten lightly
½ c unbleached flour
1/3 c chopped fresh dill or 1-1/2 Tbsp dried dillweed
1/3 c chopped fresh parsley
2 Tbsp chopped fresh tarragon or 2 tsp dried
½ tsp sea salt
½ tsp ground black pepper
½ c crumbled feta cheese (about 3 oz)
2/3 c chopped walnuts (about 3 oz)
½ tsp cayenne pepper
1 tsp cumin

Olive oil for frying

Put zucchini in a colander. Sprinkle with salt and let stand for 30 minutes. Drain well. Squeeze zucchini between your hands to remove liquid, then squeeze dry in several layers of paper towels. Rinse again to remove salt. Drain and squeeze out the water.

Combine zucchini, green onions, eggs, flour, dill, parsley, cumin, cayenne pepper, tarragon, salt and pepper in a medium bowl. Mix well. Fold in crumbled feta cheese. The zucchini mixture can be prepared 3 hrs ahead of time. Cover tightly and refrigerate. Stir to blend before continuing. Fold in chopped walnuts into the zucchini mixture.

Preheat oven to 300 degrees F. Place baking sheet in the oven. Cover bottom of a large nonstick skillet or cast iron skillet with olive oil. Heat skillet over medium-high heat. Working in batches, drop zucchini mixture by heaping teaspoonfuls. Fry until pancakes are golden brown and cooked through, about 3 minutes each side. Transfer each batch of pancakes to a baking sheet in the oven to keep them warm. Serve pancakes hot. I serve this with a yogurt cucumber dip called Raita. The Morgan car owners love this dish.

Raita

Yield: 2 cups

1 cucumber grated

1 c Greek yogurt

Sea salt and pepper to taste

Combine all ingredients, mix well and refrigerate.



SALADS

Do one thing every day that scares you.
Eleanor Roosevelt

Caprese Salad

(one of Geoff's favorite salads)

Makes 4 servings

Wine suggestions: Pinot Grigio, Riesling, Rosé, NZ Sauvignon Blanc

2 large heirloom tomatoes, sliced 1/4" thick
9 basil leaves, sliced julienne
4 Buffalo mozzarella cheese balls, sliced 1/4" thick
Sea salt
Freshly ground black pepper
Extra virgin olive oil
Balsamic vinegar

Layer tomato and cheese on a salad plate.
Sprinkle the basil on top.
Season with salt and pepper.
Drizzle a generous amount of olive oil.
Finish with a smaller drizzle of balsamic vinegar.



A person's a person, no matter how small.
Dr. Seuss, Horton Hears a Who!

Chopped Chicken and Cabbage Salad

(Geoff's favorite chicken salad)

Serves 2

Wine suggestions: Sauvignon Blanc, Riesling, Beaujolais, Chardonnay

1/2 head shredded green cabbage
1/2 chicken breast, grilled and cut in 1/2" chunks
1/4 c finely chopped cilantro
1/4 c finely chopped white onion
1/2 c unsalted roasted cashews
Trader Joe's Soy Ginger dressing

Combine cabbage, chicken, cilantro, onion and cashews in a large salad bowl.
Toss in Trader Joe's Soy Ginger dressing.



Stay hungry, stay foolish.
Steve Jobs, Apple

Orzo, Spinach and Shrimp Salad

(recipe adapted from The Vintner's Table Cookbook by Mary Everly)

Serves 8

Wine suggestions: Sauvignon Blanc, Chardonnay, Pinot Noir

12 oz uncooked orzo (Greek rice shaped pasta)
2 Tbsp olive oil
2 tsp fresh lemon juice
½ c extra virgin olive oil
3 Tbsp white wine vinegar
1 tsp Dijon mustard
2 cloves garlic, minced
½ tsp dried thyme
½ tsp dried oregano
½ tsp ground cumin
1 tsp sea salt
Ground pepper to taste
1 package spinach, tear into bite size pieces
½ c slivered kalamata olives
1 red bell pepper, julienned
2 green onions, minced
1 Tbsp capers, rinsed and drained
2 oz Greek feta cheese, crumbled
12 oz of salad shrimp, dry with paper towel

Cook the orzo al dente using the package directions. Rinse with cold water and drain well. Put into a large bowl and add olive oil. Stir to coat orzo.

For the dressing, combine the lemon juice, ½ c olive oil, wine vinegar, mustard, all spices and put into a large bowl. Mix well. Add the orzo.

Add the spinach, olives, bell pepper, green onions, capers and toss well to mix. Add the cheese and salad shrimp.



I simply do not distinguish between work and play.
Mary Oliver

Tangy and Zippy Salad

(recipe from Sharon Young)

Serves 6

Wine suggestions: Sauvignon Blanc, Pinot Gris

Dressing:

1 clove garlic, minced
1 tsp. Dijon mustard
1/4 tsp salt
1/4 tsp black pepper
1/2 tsp dried herb (thyme, dill, basil or your choice) or 2 tsp fresh herbs
juice of 1/2 lemon
2 tsp apple cider vinegar
1/2 c olive oil

Salad:

6 c mixed organic greens
1/2 grated carrot
1/4 purple onion sliced on the longitudinal
1 orange, segments only without skin/pith (or any fruit desired)
1 sliced avocado
Nuts and or seeds for topping

To make dressing:

Put minced garlic in a bowl. Add Dijon, salt, pepper and dried herb. Mix together. Add lemon juice and apple cider vinegar. mix well. Then slowly add the oil while mixing with a whisk. At this point, you want to emulsify the dressing. Taste. It should taste a bit on the tart side. Thin with oil or add more lemon juice/vinegar to correct.

Mix the salad ingredients together. Add dressing at the last minute or at the table.





SOUPS

The ocean and I have many pebbles to find and wash off and roll into shape.
William Stafford

Chef Brian Young's Clam Chowder

Serves 8 (3 qts)

Brian and his family collected razor clams in Sequim Bay, WA and then he crafted this delicious soup.

Beverage suggestions: Lager beer, Riesling wine

25 ea scrubbed razor clams, steamed
 3 Spanish onions, chopped
 4 Idaho potatoes, cubed
 2 oz pancetta, crisp and crumbled
 3 c celery, diced
 4 oz unsalted butter
 1/2 c all purpose flour
 1-1/2 qt 40% cream
 1-2 fresh bay leaves
 1/4 bunch fresh thyme, tie in a bundle with bay leaves
 2 Tbsp Italian parsley, chopped

Scrub clams with a brush. Rinse well to remove all sand. Place in a pot and steam over medium high heat until they are opened, about 15 minutes.

Discard any clams that have not opened. Remove clam meat from the shell. Strain liquid to get 2 cups of clam broth. Chop clams to be 1/4" x 1/4".

Sauté pancetta in butter for 10-15 minutes until crisp. Remove. Add butter and sauté celery and onion in the pan until soft. Add flour and cook 3-4 minutes.

Add reserved clam broth and cream. Add potatoes. Bring to a simmer and add bay leaf and thyme tied in a bundle.

Cook until vegetables are tender about 20 minutes. Be careful not to burn the chowder as it scorches easily.

Add chopped clam meat and pancetta and serve with chopped parsley.



I had a dime, a phone booth, a fast car and I got shit done.
Geoff Hollister

Sanford Soup

(created by Geoff, served on many of his sailing trips)

Yield: 4 servings in mugs

Wine suggestions: Chianti, Sauvignon Blanc, Gewürztraminer

1 (14 oz) can Campbell's tomato soup

1 (14 oz) can Campbell's cream of mushroom soup

2 c whole milk

1 (7 oz) can albacore tuna (can substitute in salmon or shrimp)

Pepper to taste

1 Tbsp port wine

Put both soups and milk in a medium saucepan on medium-high heat.

When soup is hot, stir in tuna and port wine.

Season to taste.

Serve in a mug with bread or crackers.



Joy increases as you give it and diminishes if you keep it for yourself. In giving it, you will accumulate a deposit of joy greater than you ever believed possible.
Norman Vincent Peale

Seafood Soup

(created by Wendy Hollister)

Yield: 4 servings for dinner

Wine suggestions: Chianti, Sauvignon Blanc, Gewürztraminer

8 large scallops

½ lb peeled, deveined shrimp

1 lb white fish (cod, snapper), cut into 1-1/2" cubes

4 c fish, chicken or vegetable stock

2 c white wine

1 bay leaf

1 tsp sea salt

4 tomatoes, chopped (optional)

1 small white onion, chopped

2 Tbsp extra virgin olive oil

½ c cilantro, chopped

2 cloves garlic, minced

Black pepper to taste

Marinate the seafood in separate bowls. Reserve 1 c of wine for the stock. Add wine, black pepper and a bit of cilantro. Refrigerate until you are ready to serve dinner.

Heat oil in a Dutch oven pot, add onions and garlic. Fry until the onions are transparent. Add salt, bay leaf, tomatoes, salt, 1 c of wine and the stock. Heat to boiling then turn down and simmer for an hour.

Just before serving, bring the stock to a rolling boil. Add the white fish and scallops. Keep a watchful eye on the seafood. Add the shrimp once the stock comes to a second boil. Cover the pot and turn the heat down to medium. Season to taste. Get the serving bowls out. Ladle the hot seafood soup into the bowls. Sprinkle top with cilantro. Serve with warm bread.



To give anything less than your best is to sacrifice the gift.
Steve Prefontaine

Shrimp and Corn Chowder

(adapted from Rachel Ray's Comfort Cookbook)

Serves 6

Wine suggestions: Buttery Chardonnay, Madeira, Riesling

3 Tbsp olive oil
3 medium red potatoes, peeled and diced
1 medium onion, chopped
3 stalks celery, chopped
1 small red pepper, seeded and chopped
1 clove garlic, minced
½ tsp chili powder
2 bay leaves
2 Tbsp chopped cilantro
Sea salt and black pepper to taste
3 Tbsp unbleached flour
1 package (10 oz) frozen corn kernels, defrosted and drained
1-15 oz can vegetable or chicken broth
1 quart whole milk or 1% low-fat milk
½ c white wine
1-1/2 to 2 lbs Oregon bay shrimp
4 scallions, chopped, for garnish
Oyster crackers, baguette bread

In a deep pot, heat oil over medium heat. Add potatoes, cover and cook for 5 minutes.

Stir frequently.

Add onion, celery, red pepper, garlic, chili powder, cilantro, salt, pepper and bay leaves. Reduce heat, cover and stir occasionally. Cook for a few minutes (the onions should look transparent).

Uncover and whisk in flour. Cook for a couple of minutes. Add corn, wine broth and milk. Bring to a boil then reduce heat and simmer 7 to 10 minutes or until the soup thickens. Add the shrimp, be careful not to overcook. Adjust seasonings and serve bowls of chowder and garnish with chopped scallions. Serve with oyster crackers or baguettes. (Joanie says I should patent this recipe).



We must be the change we wish to see in the world.
Mahatma Gandhi

White Bean and Kale Soup

(adapted from Kari Rekoske's recipe)

Serves 6

Wine suggestions: Chianti, Pinot Noir

2 Tbsp olive oil
1 white onion, chopped
1 lb kale, stems removed and coarsely chopped leaves
1 (14 oz) can diced tomatoes
½ small chili pepper (jalapeno)
2 cloves garlic, chopped
1-1/2 c water
2 bay leaves
1 tsp cumin
1 tsp onion powder
2 (15 oz) cans cannellini beans, drained and rinsed
1 Tbsp fresh oregano, chopped
1 Tbsp fresh basil, chopped
Sea salt and freshly ground black pepper to taste

Heat oil in a large deep skillet or dutch oven over medium high heat. Add the onions and kale. Cook and stir until the onions become transparent and the kale is wilted, approximately 6-8 mins.

Reduce the heat to medium. Add the tomatoes, green chili, garlic, water, bay leaves, cumin, onion powder into the kale mixture. Simmer the vegetables for about 1 hour or until the kale is soft. Stir in the cannellini beans and continue simmering until the beans are heated, approximately 10 minutes. Stir in the oregano and basil. Add sea salt and black pepper to taste.





BREAKFAST

Those who bring sunshine into the lives of others,
cannot keep it from themselves.

James M. Barrie

Asparagus and Smoked Salmon Frittata

(created by Wendy Hollister)

Yield: one 9" pie pan, 6 servings

Beverage suggestions: Mimosas, Blanc De Blancs Champagne, Dry Rosé

8 eggs, beaten lightly

½ c whole milk or water

½ tsp chili powder

½ tsp thyme

½ tsp oregano

½ tsp basil (or 1 Tbsp chopped fresh)

½ tsp sea salt

Black pepper to taste

8 spears asparagus, sliced on the diagonal, remove the tough ends

8 oz smoked salmon, break up with your fingers into bite-size pieces

1 c cheddar and parmesan cheese

Butter for greasing pan

Other variation: Swap out asparagus and salmon for ½ lb of bulk chicken sausage from New Season's grocery store (sauté and drain before adding to the eggs).

Oven 350 degrees F.

Beat the eggs, add milk and seasonings.

Place the asparagus and salmon in a well greased pie pan. Sprinkle in half of the cheese. Pour the egg mixture on top. Sprinkle with remaining cheese.

Bake in the oven for 40 minutes or until a knife placed in the center comes out clean.

Let frittata rest 10 minutes before serving.



A good babble always pleases us.
John Keats

Banana Beer Pancakes

(Geoff's signature crepe-like pancakes)

Serves 4-6

Beverage suggestions: Rosé Champagne, Mimosas, Moscato D'asti

2 c Krusteaz pancake mix

1-12 oz can of beer

1 thinly sliced ripe banana (for different taste, substitute blueberries)

Butter

Maple syrup

Combine pancake mix, banana and 1/4 to 1/2 can of beer in a large bowl. Mash ingredients to a pasty consistency. Add remainder of beer, gradually thinning out the batter. Butter a hot skillet set on medium to high heat. Use a soup ladle to spoon the batter to center and flip as the bubbles pop. Store finished pancakes on a cookie sheet in a 200 degree F oven. Serve with butter and hot maple syrup.

These light-as-air, melt-in-your-mouth pancakes have been a hit with world class athletes since the days of Prefontaine. Henry Rono had them for Easter in 1978 before his world record binge. Sebastian Coe feasted on them, resting after his world record run of 1979. A breakfast meal with a taste of history, Hollister's Banana Beer Pancakes!



And when you want something, all the universe conspires in helping you achieve it.
Paul Coelho

Cheryl's Oven Baked French Toast

(recipe from Cheryl Woodward, University of Oregon alum)

Serves 6

Beverage suggestions: Champagne, unoaked Chardonnay, Rosé

1 loaf French bread (13 to 16 ounces) – I use Great Harvest Cinnamon Bread with or without raisins. omit the ground cinnamon and nutmeg if using GH bread.

8 large eggs

2 c half-and-half

1 c milk

2 Tbsp granulated sugar

1 tsp vanilla extract

1/4 tsp ground cinnamon

1/4 tsp ground nutmeg

dash sea salt

Praline Topping:

1/2 lb (2 sticks) butter

1 c packed light brown sugar

1 c chopped pecans

2 Tbsp light corn syrup

1/2 tsp ground cinnamon

1/2 tsp ground nutmeg

Combine all ingredients in a medium bowl and blend well.

Arrange sliced bread in a buttered 9" x 13" glass casserole, overlap bread slices slightly.

Mix eggs, half and half, milk, sugar, vanilla, salt (add cinnamon and nutmeg if using plain French bread); pour over bread.

Cover and refrigerate overnight.

Preheat oven to 350 degrees F. Remove casserole from refrigerator and uncover.

If desired, make Praline Topping and spread over top of bread, bake 40 minutes until puffed.

This can be baked without the Praline Topping and serve with maple syrup, it is just as good!



We will be known forever by the tracks we leave.
Dakota proverb

Pam's Granola

(recipe from Pam Williamson)
Yield: 6 c or fills 1 qt Ziploc bag

3 c old-fashioned oats (or a combination of barley, triticale)
1 c raw pumpkin seeds
1 c raw sunflower seeds
1 c unsweetened coconut ribbon
1-1/2 c raw pecans, coarsely chopped
½ c maple syrup (I like the kind from Trader Joe's)
½ c canola or grapeseed oil
1-1/2 tsp kosher salt
Scant ½ c brown sugar

Oven 300 degrees F for 1 hr.

Place oats, pumpkin seeds, sunflower seeds, coconut, pecans, maple syrup, oil, sugar, salt in a large bowl. Mix well and spread evenly on a rimmed baking sheet. Transfer to oven. Stir every 10 minutes until the granola is toasted, approximately 45-55 minutes.

Remove and season with more salt.

Store in an airtight container for 1 month. I store in a Ziploc bag in the freezer and serve it with 0% or 2% Fage Greek yogurt.



The value of a man resides in what he gives and not in what he is capable of receiving.
Albert Einstein

Great Northwest Scones

(recipe from Candi Prizer)
Makes 16 scones

1 lb unbleached all-purpose flour
1-3/4 oz sugar
1/2 tsp salt
6-3/4 oz cold unsalted butter
9 oz buttermilk - I use powdered buttermilk
1/2 tsp baking soda
1/2 oz baking powder
1 c dried fruit - raisins, currants, cranberries
zest of 1-2 lemons or oranges
milk (optional)
decorating sugars (optional)

Ingredients will need to be weighed for best accuracy.

Blend all dry ingredients and then cut in the butter. Add the buttermilk, dried fruit and zest to taste. Either spoon onto a lightly greased and floured baking sheet, or use a mini-scone pan. Brush with milk and dust with decorating sugar. Bake at 375 degrees F for approximately 25 minutes, or until golden brown. Let cool 10 minutes.



Tell me, what is it you plan to do
With your one wild and precious life?
Mary Oliver

Smoothies by Christa
(created by Christa Panfilio)

Here is the drink that I made for Geoff and myself.

1 banana
1 c soy milk
1 scoop spiru-tein (vanilla flavored protein powder)
Ice
Fresh fruit
1 Tbsp flax oil or seed

Alternate:

1 banana
1 c soy milk
1 scoop spiru-tein (Chocolate)
Ice
1 Tbsp flax oil or seed

Here is a more generic protein drink recipe:

1 banana
2 c (almond, soy or rice milk)
1 scoop of favorite protein powder
1 Tbsp flax oil
Handful of fruit
Handful of almonds
Ice cubes

Mix all in a blender and blend until smooth.

The important thing to note is that the recipe doesn't have to be exact.

People should feel free to experiment and have fun with this. Customize the drink to suit their nutritional needs and take into account their food allergies or sensitivities.



Faith is the bird who feels the light and sings while the dawn is still dark.
Rabindranath Tagore

Tomato, Ham and Cheese Strata
(created by Wendy Hollister)

Yield: 12" x 9" pan, serves 6

Wine suggestions: Champagne Blanc De Blancs, unoaked Chardonnay

1 dozen eggs, beaten lightly
1 c whole milk
1 tsp chili powder
1 tsp sea salt
1 Tbsp chopped parsley
1 tsp thyme
1 tsp oregano
1 tsp basil (or 1 Tbsp fresh chopped basil)
Black pepper to taste
4 tomatoes, sliced 1/4" thick, drain on paper towel
6 pieces Black Forest ham
2 c grated cheese (I mix parmesan, cheddar)
6 pieces bread (whole wheat, multigrain)

Butter for greasing the pan.

Heat oven to 350 degrees F.

Generously grease a 12" x 9" pan with butter.

Place bread into pan, cut to fit into the pan if necessary. Put a piece of ham on each slice of bread.

Sprinkle some of the cheese on the ham/bread. Reserve some cheese for the topping.

Beat eggs, add milk and seasonings (wet and dry). Pour onto the cheese/ham bread layer.

Place the tomatoes on top of the cheese/ham bread layer. Sprinkle remaining cheese on top.

Bake in the oven for 45 minutes or until a knife placed in the center comes out clean.

Let the strata rest for 10 minutes before serving.



Everything you can imagine is real.
Pablo Picasso

Whole Wheat Cinnamon Rolls

(Recipe by Jennifer Hooson and loved by Dominic Hooson)

Dough

1 package quick acting yeast
½ c warm water (105 to 115 degrees F)
½ c lukewarm milk (scalded then cooled)
1/3 c sugar
1/3 c butter, softened
1 tsp salt
1 egg
3-½ to 4 c wheat flour

In addition for rolls

2 Tbsp of butter
¼ c sugar
2 tsp cinnamon

Glaze

1 c powdered sugar
1 Tbsp milk
½ tsp vanilla

Dissolve yeast in warm water in large mixing bowl. Stir in milk, sugar, butter, salt, egg, 2 cups of flour. Beat until smooth in mixer. Stir in enough remaining flour to make dough easy to work. Knead on smooth surface for 5 minutes. Place in greased bowl in warm spot. Cover and let rise 1½ hours.

Flatten dough with rolling pin into rectangle on lightly floured surface. Spread with butter. Mix sugar and cinnamon; sprinkle over butter. Roll up tightly. Pinch ends to seal well. Cut into rolls. Place slightly apart in greased round cake pan. Let rise for 40 minutes.

Heat oven to 375 degrees F. Bake for 25 to 30 minutes. Spread with glaze while warm.



DINNER

There are only two lasting bequests we can hope to give our children,
one of these is roots, the other is wings
Holding Carter

Best Stuffing in the World

(recipe from Candi Prizer)

Serves 8

Wine suggestions: Zinfandel, Amarone, Beaujolais, Cabernet Sauvignon, Syrah

3 c sweet onion, chopped

Olive oil – as needed

Butter

1 c celery, chopped

1 c carrots, chopped

Turkey chop meat (all white meat is best)

Turkey neck bone meat – boil to make stock & pick then chop up

Chicken stock as needed for moisture

2 c mushrooms, chopped

1 c raisins, dark and golden (as much as you like)

Bells seasonings (www.bellsseasonings.com)

Fresh herbs – thyme, rosemary and sage

Salt and pepper to taste

Assorted types of dry bread – I use focaccia stuffing from Williams Sonoma, Pepperidge Farm- Herb

Seasoned Stuffing, PF Cornbread Stuffing, PF Cubed stuffing (you want a good mix of shapes and textures)

Drambuie

Caramelize onions in butter, the more onions the better about ½ hr till golden and sweet. Too many onions are better than too few, you add these to your individual taste.

Sauté celery and carrots (in olive oil & butter) till soft but not mushy.

In another pan cook turkey chop meat and mushrooms.

Remove meat from the cooked turkey necks and chop up add to above mixture, sauté till warm.

Mix all dry stuffing together (I usually do this in a large turkey tin as this recipe tends to grow)

2- 4 cups of each type depending how many varieties you have. You can always add more to taste (you will have unused dry stuffing).

Start adding onion mixture, carrot & celery and meat over dry ingredients, mix and taste as you go.

Use the melted butter and chicken stock to moisten. (I make homemade stock. I buy extra turkey necks and cook up with onions day before).

Add raisins and fresh herbs and Bells seasonings, salt and pepper to taste.

Toss all together.

You can now take some in a bowl and see if you like to drizzle with Drambuie.

This stuffing is fully cooked and you can eat immediately (like my husband and kids snack on all day). Put in a dish for Thanksgiving dinner reheat later. Store extra in Ziploc bags for storage.

Freeze and give to Wendy.

I put what I need for dinner in a slow cooker on warm and keep for dinner.

Great for leftovers with gravy.

ENJOY!!!

Everything has its wonders, even darkness and silence, and I learn,
whatever state I may be in, therein to be content.

Helen Keller

Chicken Marbella

(adapted from the Silver Palate cookbook)

Serves 10

Wine suggestions: Beaujolais, Chianti, Côtes Du Rhone, CA Chardonnay, Merlot

4 chickens, 2-1/2 lbs each, quartered (I like chicken thighs)

1 head garlic, peeled and finely chopped

¼ c dried oregano

Coarse sea salt, freshly ground pepper to taste

½ c red wine vinegar

½ c olive oil

1 c pitted prunes

½ c pitted Spanish green olives

1/2 c capers with a bit of juice

6 bay leaves

3/4 c brown sugar

1 c white wine

1/4 c Italian parsley or fresh coriander (cilantro), finely chopped

In a large bowl, combine chicken quarters, garlic, oregano, pepper and coarse salt to taste, vinegar, olive oil, prunes, olives, capers and juice and bay leaves. Cover and let marinate overnight.

Preheat oven to 350 degrees F.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and white wine around them.

Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at the thickest yield a clear yellow juice.

With a slotted spoon transfer the chicken, prunes, olives and capers to a serving platter. Moisten with pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

To serve Chicken Marbella cold, cool to room temperature in cooking juices before transferring to a serving platter. If chicken has been covered and refrigerated, allow it to return room temperature before serving. Spoon some of the reserved juice over the chicken.



You have given us a precious soul to whom everything is new-air to breathe, sounds to hear
and make...new love to find. With this child, we are all made new.
Maya Angelou

Chicken Sausage Pasta with Cream Sauce

(adapted from Pam Garrison's recipe)

Serves 6

Wine suggestions: Chardonnay, OR or NZ Pinot Gris, Pinot Blanc

1 lb basil chicken sausage meat (from New Season's grocery store in Portland), you can remove the
sausage meat from linked sausages
2 cloves garlic, minced
½ white onion, chopped finely
¼ c chopped parsley
1 pt heavy whipping cream
½ c white wine
Olive oil
Sea salt
Black pepper
1 c grated parmesan cheese
¾ lb linguine pasta, cooked per the package. We also like Orecchiette pasta for this sausage dish.

Heat olive oil, add garlic and onions. Cook until transparent. Remove from the pan.
Brown sausage meat in a heavy skillet with olive oil. Add the onions and garlic.
Add the white wine and continue to simmer the sausage meat on medium heat so that
liquid is reduced.
Add the heavy cream and stir well.
Taste and season.
Toss in the cooked pasta and mix to ensure that the sauce coats the noodles. Add the parsley.
Serve on plates and garnish with parmesan cheese.



Learn as though you're going to live forever, but live as though
you're doing to die tomorrow.
The Shadow of Kilimanjaro, Rick Ridgeway

Coconut Chicken Curry

(created by Wendy Hollister)

Serves 4

Beverage suggestions: Pale Ale Beer, Champagne Blanc De Blancs, Chardonnay, Gruner Veltliner,
Gewürztraminer, Riesling

1 whole chicken, cut up or 8 chicken thighs
2 Tbsp canola oil
2 cloves garlic, minced
1 white onion, chopped
2 tomatoes, chopped
1 c white wine or ½ c white vinegar
2 Tbsp Vindalho curry powder
1 tsp cumin
1 tsp sea salt
Black pepper to taste
2 large carrots, diagonal cut into 1" segments
2 red potatoes, peeled and quartered
1 c (15 oz) can garbanzo beans, rinsed and drained
1 c unsweetened coconut milk
2 Tbsp chopped cilantro

Brown the chicken in the canola oil. Reduce to medium heat and add garlic, onions, curry powder,
cumin, salt, pepper and cook until the spices are heated. Add the tomatoes, wine and coconut milk.
Simmer for 20 minutes.
Add the carrots, potatoes and garbanzo beans. Simmer for 45 minutes.
Serve with basmati rice or brown rice and zucchini relish.



Laughter is the language of the soul.
Pablo Neruda

Larry's Lasagne

(recipe from Larry Eisenbach)

Yield: One 12" x 9" lasagne pan

Wine suggestions: Sangiovese, Chianti Classico, Rioja Reserva, Merlot, OR Pinot Noir, Zinfandel

3 layers lasagna noodles - 9 total
1 lb mozzarella cheese, coarsely grated
8 oz ricotta cheese
1 lb ground beef or sausage
1/2 doz med mushrooms, coarsely chopped
1 clove garlic, finely chopped
1/2 - 3/4 c kalamata olives, pitted and diced
2 - 14.5oz cans tomato sauce
2 - 6 oz cans tomato paste
Grated parmesan cheese
Feta cheese
Spices: 1-2 tsp oregano, 1-2 tsp basil, dried chopped parsley
Olive oil
1 bottle OR Pinot Noir

Enjoy a glass of the Pinot while you make this recipe.

Grease 12" x 9" baking pan with olive oil.

Brown meat, drain; add tomato sauce, tomato paste, garlic, oregano and basil. Cover and simmer for a 1/2 hour. The meat will absorb some of the liquid.

Cook the noodles in boiling water, add 1 Tbsp olive oil and a dash of sea salt. No additional salt is needed as the olives provide all the salt you need.

When the noodles are tender, rinse in cold water and separate each one as some will normally stick together.

Spoon a thin coat of the tomato sauce onto the bottom of the pan then put in the 1st layer of noodles. They will overlap slightly and the ends need trimming.

Cover the noodles with the sauce, reserve enough for two more layers.

Sprinkle on 1/3 of the olives. Repeat with the mushrooms.

Place 1 Tbsp of ricotta and make six evenly spaced mounds. Imagine carving out 6 equal size portions of finished lasagna, place those mounds centered in the middle of each slice.

Cover with 1/3 of the mozzarella then sprinkle with parmesan, feta and finish with a sprinkle of parsley. Done with layer 1. Repeat the above for layer 2 and 3.

Bake at 325 degrees F. Set your timer for 1 - 1-1/4 hours. Bake till the lasagna is brown and bubbling. Let rest for 15 minutes before serving. Serve with ciabatta bread and a dipping sauce of olive oil, sea salt, freshly ground black pepper and balsamic vinegar.

Buon Appetito!

Unity is strength, knowledge is power, and attitude is everything.
LAF Lance Armstrong

Meatballs with Mint and Parsley in Tomato Sauce

(recipe from Kaili Stanton)

Serves 4

Wine suggestions: Cabernet Sauvignon, Chianti, Merlot, Sangiovese, Zinfandel

For the meatballs:

1 lb of ground beef or (you can do half turkey meat and half beef)
1/3 c of grated Pecorino Romano, plus more to serve
2 large eggs
1/4 c of finely chopped mint leaves, plus more to serve
1/4 c of finely chopped flat leaf parsley
kosher salt and freshly ground pepper, to taste
1/3 c of Panko breadcrumbs
1-1/2 tsp of freshly grated nutmeg
For the tomato sauce: (or use your favorite homemade or sauce in a jar to cook the meatballs in)
1-28 oz can of diced tomatoes
2 cloves of garlic, minced
2 sprigs of thyme
1/2 tsp of red pepper flakes
4 Tbsp of olive oil

To make the meatballs, combine all of the meatball ingredients in a large bowl and mix them gently with your hands. Form the mixture into 2 ounce balls and place them on a plate.

Add 2 tablespoons of olive oil to a large cast iron skillet and heat it over medium-high.

Cook the meatballs in batches, turning them occasionally, until completely cooked through and lightly browned on all sides (about 10-15 minutes per batch).

Heat 2 tablespoons of olive oil in a medium pot over medium-high heat.

Add the garlic, pepper flakes, and thyme and sauté for about a minute.

Stir in the diced tomatoes in their juice and lower the heat to medium.

Cook the sauce for about 10-15 minutes.

Season with salt and pepper and then use a hand blender to puree the sauce. You can also carefully transfer it to a blender to puree. Return the sauce to the pot.

Add the cooked meatballs to the pot with the sauce and toss gently to coat them.

To serve, ladle meatballs and sauce into shallow bowls. Sprinkle with some chopped mint and more cheese (if you wish).



Champagne is a wine of emotion rather than reason (unlike, say Bordeaux);
it's love, not intellect.
Lettie Teague

Neapolitan Meatballs

(adapted from Mario Batali's Molto Italiano)

Makes 24-30 small meatballs. Serves 4. I serve this with a white sauce on egg papparedelle pasta.

Wine suggestions: Chianti, Merlot, Sangiovese

3 c 1-inch cubes of day old white bread (remove crusts)

1-1/4 lbs lean ground beef (I have mixed turkey, chicken, beef or a combo of all 3)

3 large eggs, lightly beaten

3 cloves garlic, minced

3/4 c freshly grated pecorino romano

1/4 c finely chopped Italian parsley

1/4 c pine nuts (I have used walnuts or almonds)

1/2 tsp sea salt

1/2 tsp freshly ground black pepper

1/4 c extra-virgin olive oil

1-8 oz package egg papparedelle pasta (Trader Joe's). Cook as instructed on the package.

Meatballs:

Soak the bread cubes in water for 20 minutes. Drain and squeeze out the excess moisture.

In a large bowl, combine the bread, beef, eggs, garlic, pecorino, parsley, pine nuts, salt and pepper. Mix with your hands and form mixture into 24-30 small bite size meatballs. I use a 1 inch ice cream/cookie dough scoop.

In a large heavy bottomed skillet, heat the olive oil over high heat. Add the meatballs, work in batches to avoid overcrowding the pan. Cook and turn meatballs so they brown evenly. Approximately 10 minutes per batch. Remove from heat.

White Sauce:

2 Tbsp butter

2 Tbsp flour

1 c milk, or combinations of milk and light stock, light stock, light stock and cream

Season with sea salt, black pepper, garlic, white wine and chopped parsley.

Melt butter over low heat. Add flour and stir to blend well. Slowly add liquid. I heat the liquid in the microwave and use a flat whisk when adding the liquid to the roux (melted butter and flour mixture). Continue simmering until the sauce has thickened. Add seasoning. Taste and adjust seasoning.

Place cooked noodles on a warm plate. Arrange the meatballs on top and spread the hot white sauce. Sprinkle with chopped parsley. Buon Appetito!

We are tied to the ocean. And when we go back to the sea,
whether it is to sail or to watch
we are going back from whence we came.
John F. Kennedy

Polynesian Seared Tuna

(recipe from Tracy Hollister)

Wine suggestions: Beaujolais, Cabernet Franc, unoaked Chardonnay, CA or NZ Sauvignon Blanc

First thing is to source your tuna from the most local and fresh outlet possible. Anyone on the West coast can purchase Albacore tuna from the boat, and in Southern CA, you can get yellowfin from the boat. If you purchase your tuna from a market, it won't be as good, if it's from SE Asia, it is bad for the Ocean. If you buy Bluefin tuna, you are contributing to extinction. Simply go to a commercial port on the coast and look for signs that say fresh bled tuna for sale. The albacore are the most abundant and healthy tuna in the sea.

Tuna steaks are sliced from the four loins and are 1" to 1-1/2" thick. They should be thawed slowly from frozen and can be eaten raw with a variety of traditional recipes: ie: sashimi, ceviche. The most popular method for the general palate is to sear the steak on high heat.

To do so, use a cast iron skillet nice and hot with a tablespoon of high temperature oil like sesame. Place the thawed steaks onto the hot skillet for about 45 seconds per side. Do not overcook. You want browned seared faces with most of the center pink and raw. Use a grease catch screen and the draft fan as this is short and intense.

Do not leave the stove, and turn off your cell phone, timing is essential for high grade tuna, otherwise you are chewing on a spare tire. Lack of focus has ruined many perfect tuna steaks. This is the most delicate meat you will ever cook, handle it gently.

Some like a seasoned salt rub before searing, I like to make a plum sauce or tapenade to be spooned over after cooking.

Creativity can be found in the variety of seasonings or sauces you wish for this special dish, but remember, be strict on the source of the product, and the short cooking time necessary for a world-class super food.

Serve on a bed of rice and/or green leafy veggies, you have a super food that can make you move mountains!



The secret to staying young is to live honestly, eat slowly, and lie about your age.
Lucille Ball

Roast Chicken and Vegetables

(Geoff's favorite winter dinner)

Serves 4

Wine suggestions: Barbera, Beaujolais, Red Burgundy, Côtes du Rhone, Merlot,
OR Pinot Noir, Rioja Reserva, Syrah

1 organic chicken 4-5 lbs
2 carrots, coarsely chopped into 2" pieces
3 red or sweet potatoes, quartered
1/2 white onion, coarsely chopped
1/2 head of green cabbage, coarsely chopped
1 yellow or red pepper, cut into 1" w lengthwise strips
1/2 c kosher salt
1 c cider vinegar
1 c water
3 cloves garlic, finely chopped
1 large sprig each of rosemary, thyme, sage
1 Tbsp olive oil
Black pepper

Brine the chicken in a 1/2 c kosher salt, 1 c cider vinegar, 1 c water. Soak in the fridge for at least 3 hours. Rinse with cold water, pat dry with a towel. Rub exterior of the chicken with olive oil and massage the garlic on the exterior of the chicken. Sprinkle freshly ground black pepper on the exterior of the chicken. Place herbs in the cavity of the chicken. Place in a roasting pan. Place the vegetables around the perimeter of the chicken.

Roast at 350 degrees F for 1 hour or until the juices coming out of the chicken leg are clear.
Let chicken rest for at least 20 minutes before carving. Serve with a dollop of Dijon mustard.



Faith is a knowledge within the heart, beyond the reach of proof.
Khalil Gibran

Rosemary Infused Pork Tenderloin

(Geoff loved this dish during the cold winter months.)

Serves 4

Wine suggestions: OR Pinot Noir, Red Burgundy, oaky CA Chardonnay.

2 pork tenderloins
Brine for pork:
1/2 c cider vinegar
1/2 c kosher salt
1/4 c white sugar
2 c water

Place ingredients in a large bowl. Stir to dissolve. Place pork tenderloins in the bowl and refrigerate for 2-3 hours.

Remove pork from the brine. Rinse off and dry off.

Marinade:
2 Tbsp olive oil
3 cloves garlic, minced
3 sprigs rosemary, chopped
Freshly ground pepper

Marinate the pork with the marinade. Leave in the fridge for 5 hours or overnight.
One hour before cooking, remove the pork from the fridge and allow it to come to room temperature.

Roast in a 375 degree F oven for 30 minutes or until the meat thermometer reads 150-160 degrees F. Cooking time is 20-22 minutes per pound. Let rest for 20 minutes before serving.
Serve with Mary Lee's apple butter. Geoff loved eating the pork with stir-fried cabbage and garlic mashed potatoes.



If feelings fail you, vain will be your course,
and idle what you plan unless your art
springs from the soul with elemental force.
Goethe's Faust

Seafood St. Jacques

(recipe from Pam Williamson)

Main dish for 3 or 4, appetizers for 6

Wine suggestions: Albarino, Champagne, Chardonnay, Pinot Gris, Sauvignon Blanc,
Gruner Veltliner

2 Tbsp butter
½ c sliced mushrooms
2 green onions
2 Tbsp flour
¼ tsp salt
¼ tsp dried tarragon
½ c white wine
450 gm (1 lb) seafood (crab, shrimp and scallops)
1 large egg yolk
¼ c light cream
½ c finely grated Gruyere cheese

Topping:

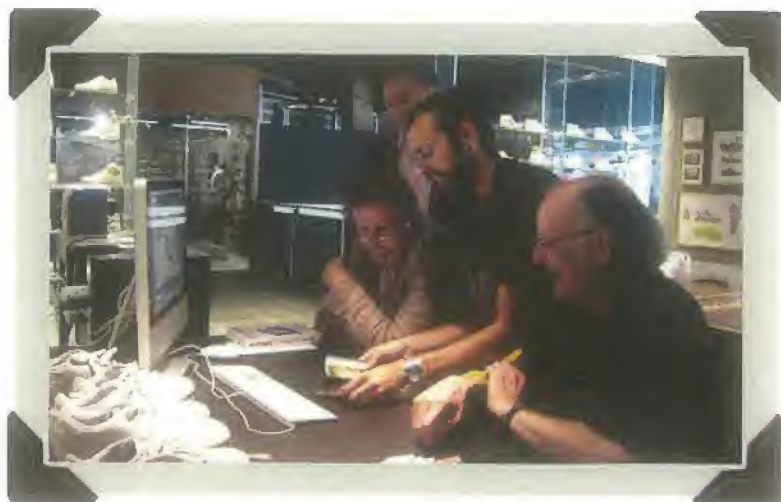
2 Tbsp butter, melted
½ c parmesan cheese

Sauté butter, mushrooms and green onions. Stir in flour, salt, tarragon, wine and seafood and cook until thickened. Beat together egg and cream. Stir into seafood mixture with cheese. Cook until combined. Divide between 6 appetizer dishes. Combine topping ingredients and sprinkle over seafood. Refrigerate until ready to serve.

To serve, heat through at 350 degrees F for 15 to 20 min or until hot and bubbly. Serve with rice and garnish with lemon and parsley.

Notes from Pam: I always sear the scallops to get a lovely brown color. I put the seafood in at the very end just before baking so it doesn't overcook.

Bon appétit.



It is only in giving of oneself to others that we truly live.
Ethel Percy Andrus

Simon Yeung's BBQ Pork and Rice Noodles

Yield: one large platter to feed 4 for lunch

1 package fresh rice noodles (in Vancouver, B.C., we like the noodles made by Hon's Won Ton House)
½ lb BBQ pork, julienne slice (can also substitute 1 lb prawns or 1 lb chicken breast)
1 lb bean sprouts, wash and drain
1 bunch baby bok choy, sliced on an angle
2 green onions, thinly sliced on an angle
½ white onion, sliced thinly
3 cloves garlic, minced
1" piece of ginger, julienne slice
A couple of swigs light soy sauce
A couple of dollops of oyster sauce (tap the base of the bottle hard when inverted over the noodles)
½ c Chinese rice wine
Black pepper to taste
3 Tbsp canola oil for frying
3 tsp chili hot sauce put into a very small serving dish

Heat oil in a large frying pan, preferably cast iron. Add garlic, ginger and white onion and fry until the onion is transparent. Add bean sprouts, bok choy, Chinese rice wine and continue stir frying. Add BBQ pork, prawns or chicken. Add oyster sauce, soy sauce and continue stir frying for a couple of minutes. Then set aside the mixture on a platter.

Reheat the noodles in the microwave to soften.

Reheat the frying pan and add oil. Add the green onions and noodles and lift while stir frying and be careful not to break the noodles. Season to taste, add black pepper and more soy or oyster sauce if necessary. Top with the mixture you set aside and put all on the platter.

Serve a small dish of hot chili oil on the side. I use Frank's Hot Sauce as an accompaniment to this noodle dish. Geoff ate at least four servings of the BBQ Pork Noodles for lunch.



At times our own light goes out and is rekindled by spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.
Albert Schweitzer

Shrimp Pesto Pasta

(Geoff's favorite standby pasta dish, created by Wendy)

Serves 6

Wine suggestions: Unoaked Chardonnay, Sauvignon Blanc

1 (3.7 oz) jar of Trader Joe's Pesto sauce

¾ package linguine (Barilla)

¼ tsp sea salt

Black pepper to taste

½ c white wine

2 cloves garlic, minced

2 roma tomatoes, chopped

Parmesan cheese

2 Tbsp unsalted butter

2 Tbsp extra virgin olive oil

Cook pasta according to the package directions. Drain. Rinse with cold water. Drain and set aside. Heat olive oil and butter in a saucepan on medium heat. Add garlic, pesto and white wine. Bring to a boil and stir constantly so mixture does not burn. Season with black pepper and sea salt. Add the pasta and heat thoroughly. Toss in tomatoes and remove from heat. Garnish with parmesan cheese.



The giving is the hardest; what does it cost to add a smile?
Jean de la Bruyere

Standing Rib Roast

(adapted from Paula Deen)

Geoff loved this meat served with horseradish, garlic mashed potatoes and broccoli or asparagus.

Serves 8-10

Wine suggestions: Red Burgundy, Cabernet Sauvignon, Merlot, Syrah, Zinfandel, Malbec, Red Bordeaux.

One 5 lb standing rib, bone-in (I ask the butcher to cut the first 3 ribs, they are bigger than the consequent ribs)

1 Tbsp House Seasoning (1 c sea salt, ¼ c black pepper, ¼ c garlic powder, makes 1-1/2 c)

Allow the roast to stand at room temperature for at least 1 hour.

Preheat the oven to 375 degrees F.

Rub the roast with House Seasoning. Place the roast on a rack in a roasting pan with the rib side down and the fatty side up.

Roast for 1 hour. Turn off the oven and leave the roast in the oven; do not open the door.

About 1 hour and 10 minutes before serving time, turn the oven on to 350 degrees F and reheat the roast for 30 minutes (for medium rare meat is 130 degrees F).

Do not remove the roast or re-open the oven door from the time the roast is put in until the final roasting.

Remove the roast from the oven and tent with foil. I remove the roast from the pan and place on a warm platter.

Allow the meat to rest for 25-30 minutes before carving.



Only when you drink from the river of silence shall you indeed sing,
and when you have reached the mountain top, then you shall begin to climb.
and when the earth shall claim your limbs, then you shall truly dance.
Khalil Gibran

Stanton Steak Marinade

(recipe created by Scott Stanton)

Scott never measures anything so add ingredients based on the amount of steak that you have and let sit for at least a half hour.

1. Teriyaki marinade and sauce, (we like Kikkoman brand), this is your main ingredient and the amount will depend on the size of your steak. Scott usually puts in about a half cup or so. It should be enough to soak your steak in one side at a time.

2. Tbsp of brown sugar

3. Dash of salt and pepper

4. Splash of soy sauce



All things bright and beautiful,
All creatures great and small,
All things wise and wonderful:
The Lord God made them all.
Cecil F. Alexander

Sturgeon with Capers, Olives and Tomato Sauce

(recipe from Isabel Wyss and Todd Ebersole)

Total Time: 20 min

Prep: 10 min Cook: 10 min

Serves 4

Wine suggestions: CA Chardonnay OR Sauvignon Blanc, OR Pinot Noir, Sancerre

1 lb sturgeon fillet, cut into 2 pieces

1 tsp minced garlic

1/2 c sliced onion

1 tsp fresh chopped rosemary

1/4 c dry-cured or brine-cured olives, pitted

3 tsp capers

1/4 c dry white wine

1/2 to 3/4 c fresh tomato sauce (or a very good canned one)

1 Tbsp olive oil

Preheat sauté pan over medium high heat (hot pan, cold oil, food won't stick) until just warm and add the olive oil. Let oil heat and place fillets in the pan. Let sides brown for 1 minute or 2, then add onion.

Stir until onion starts to become translucent. Add garlic and rosemary.

Cook for 1 to 2 minutes until garlic just begins to brown. Flip fillets over to brown. Add olives and stir in.

Then, add capers. Stir for 1 to 2 minutes, then, add white wine. Increase heat for a few minutes to reduce wine. Reduce heat to medium and add tomato sauce. Stir to combine all ingredients and let sit for a few minutes.

Flip fillets so that both sides are coated with sauce. Fish is done when there is resistance to pressure. (Check also with your seafood market person about recommended cooking times for the fish.)

Freshly ground pepper can be added during the cooking, but salting the dish isn't necessary since there is a lot of salt in the olives and capers.

Serve with rice, pasta, or couscous. Garnish with a sprig of fresh rosemary.



And ever has it been known that love knows not its own depth until the hour of separation.
Khalil Gibran

Turkey Lasagne

(recipe by Wendy Hollister)

Serves 6

Wine suggestions: OR Pinot Noir, Sangiovese, Chianti Classico, Rioja Reserva

1-16 oz pkg Trader Joe's Italian lasagne noodles (you can substitute brown rice pasta but must pre-cook it first)

1 lb TJ's whole milk mozzarella cheese, sliced into 1/8" pieces

2-1/2 lbs ground turkey

1/2 tsp ground nutmeg

1 Walla Walla onion, diced

3 cloves garlic, minced

2-14 oz tins diced tomatoes

3/4 c parmesan cheese, grated

8 oz marscapone cheese

1/2 c whole milk or cream

Sea salt

Freshly ground pepper

Olive oil

Grease an 8" x 8" baking pan with olive oil.

Brown turkey in olive oil on medium heat in a cast iron skillet. Add garlic and onions and continue to cook until they are transparent. Add salt and pepper to taste. Add tomatoes and simmer for 45 minutes.

Mix marscapone, parmesan cheese, nutmeg and milk in a bowl. Dip noodles in marscapone, parmesan cheese mixture and coat both sides of the noodle. Place into the baking pan. Put a layer of meat sauce on top of the lasagna noodles. Place a layer of mozzarella cheese. Repeat 2 more times so you have 3 layers of noodles. Top with meat sauce and a final layer of mozzarella cheese. Let rest for 20 minutes.

Bake at 375 degrees F for 40-45 minutes or until the top is brown and bubbling. Let rest for 20 minutes before serving.



The habit of giving only enhances the desire to give.
Walt Whitman

White Chili

(recipe from Chris Aveni)

Serves 4

Wine suggestions: Chardonnay, OR Pinot Noir, Reisling

2-1/2 c water

1 tsp lemon pepper

1 tsp cumin seed

4 boneless, skinless chicken breast halves

Combine water, lemon pepper, cumin in a saucepan and bring to a boil.

Add chicken breasts, reduce heat to low, cover and simmer 20-30 minutes until the chicken is tender and juices run clear.

Cut chicken into 1" pieces.

Return the chicken to the saucepan.

In a medium skillet, heat a little oil over medium heat.

Add:

2 minced garlic cloves

1 c chopped onions

Sauté till tender and add chicken mixture.

Then add:

2-9 oz cans of Green Giant white corn

2-4 oz cans chopped green chilies, undrained

3-4 Tbsp lime juice

Bring to a boil.

Add:

2-15 oz cans Green Giant Great Northern beans, undrained

Cook until thoroughly heated.

To serve, place 1-2 Tbsp grated jack cheese and crushed tortilla chips into individual soup bowls.

Ladle hot soup on top of chips and cheese. Top with Salsa Verde (Chris recommends the Trader Joe's brand).



One must be poor to know the luxury of giving.
George Eliot

Yukon Gold and Sweet Potato Gratin

(recipe provided by Kristin Walsh)

Serves 12

6 Tbsp (3/4 stick) unsalted butter, room temperature, divided

2-1/4 lbs Yukon gold potatoes, rinsed

1-1/2 lbs red-skinned sweet potatoes (yams), peeled

2 c whole milk

1 garlic clove, minced

1 Tbsp kosher salt

2 tsp fresh thyme leaves

1 tsp ground black pepper

1/8 tsp ground nutmeg

1 c whipping cream

Preheat oven to 400 degrees F. Coat a 13 x 9 x 2 inch glass baking dish with 2 Tbsp of butter. Thinly slice all potatoes; place in prepared dish. Bring milk, garlic, salt, thyme, black pepper and nutmeg to a boil in a medium saucepan; pour over potatoes. Dot with 2 Tbsp of butter. Cover with foil and bake until potatoes are tender and milk is almost absorbed, approximately 50 minutes.

Bring cream to a boil in a saucepan. Uncover potatoes, pour cream over, and dot with 2 Tbsp of butter. Bake uncovered until the top is crispy golden brown in spots, approximately 25 minutes. Cool slightly.



SWEETS



It is only with the heart that one can see rightly;
what is essential is invisible to the eye.
Antoine de Saint-Exupery

Almond Biscotti

(recipe from Diane Dressler Dean)

Yield: 2 rolls, approximately 24 cookies

Wine suggestions: Ice Wine, Marsala, Tawny Port, Vin Santo

1 c sliced or slivered almonds (toast in a 350 degree F oven)

1/3 c margarine (melt 25 seconds in the microwave)

2 c unbleached flour

2/3 c sugar

2 eggs

2 tsp baking powder

1 tsp vanilla

2 tsp almond extract

Preheat oven to 375 degrees F.

Add sugar to the margarine. Add eggs, flavoring. Sift flour and baking powder. Mix well.

Add nuts.

Shape into two 9" x 2" logs.

Bake at 375 degrees F for 25 minutes.

Cool 1 hour. Slice 1/2" thick. Square off.

Bake at 325 degrees F for 15 more minutes. Store in airtight cookie tin.



When it comes to giving, some people stop at nothing.
Unknown

Paletas de Aguacate (Avocado ice Pops)

(recipe from Amy Frazer)

A very fond memory I have is of sharing dinner with Geoff and Wendy and some close friends of mine at my house in the summer of 2011. It was a hot one, having a BBQ with friends, listening to a few of Geoff's stories, sharing food and drink made it one of the coolest evenings I've spent in my backyard. For dessert we munched on paletas- mexican popsicles. I had just discovered a new recipe book by Fany Gerson and made 4 different flavors that day. This is one of our favorites. No dairy in this recipe means most everyone can enjoy them!

1 c water

1/2 c sugar (you could probably use your choice of sweetener here)

2 small ripe avocados

Pinch of salt (to taste)

2 Tbsp freshly squeezed lime juice (I like to put in some extra for a kick of lime flavor. This also keeps the paletas green)

pinch of salt to taste

Combine sugar and water in a saucepan and cook until boiling and sugar has dissolved. Let cool completely.

Cut the avocados in half, remove pit and put segments into blender along with the cooled syrup.

Add salt.

Blend until smooth, scraping sides as necessary. Add the lime juice and blend until combined.

Divide mixture among popsicle molds. You can buy cheap ones at the store, or use small plastic cups/containers. Let freeze until pops begin to set and then insert popsicle sticks and let freeze until solid.

Most times I double the mixture and make extra pops or freeze in a small container and eat this like ice cream!



The cure for anything is
Salt water-
Sweat, tears or the sea.
Isak Dinesen

Banana Nut Bread

(adapted from James Beard's Bread cookbook)

Geoff's all-time favorite breakfast bread.

Yield: 1 large loaf

2 c sifted unbleached flour
1 tsp baking soda
½ tsp sea salt
½ c butter
1 c granulated sugar
2 eggs
1 c mashed, very ripe bananas (about 2)
1/3 c milk
1 tsp lemon juice or vinegar
1 tsp vanilla
½ c chopped walnuts or pecans

Sift the flour with the soda and salt.

Cream the butter and gradually add the sugar. Mix well.

Add the eggs and bananas and mix thoroughly.

Combine the milk and lemon juice.

Slowly alternate the flour mixture with the milk mixture, beginning and ending with the dry ingredients.

Blend well after each addition.

Stir in the nuts, then pour the batter into a well greased 9 x 5 x 3 inch pan.

Bake in a 350 degree F oven for 1 hr.



In summer, the song sings itself.
William Carlos Williams

Blackberry Streusel-Crumb Coffee Cake

(adapted from the Starbuck's Passion cookbook)

Serves 10-12

Wine suggestions: Ice Wine, Muscat, Vin Santo

Streusel topping:

1-1/2 c graham cracker crumbs

¾ c finely chopped walnuts

¾ c brown sugar, firmly packed

1 tsp ground cinnamon

¼ tsp ground cardamom

½ c unsalted butter, melted

2 c blackberries or blueberries

For the cake:

2 c cake flour

1 c granulated sugar

2-1/2 tsp baking powder

½ tsp salt

½ c unsalted butter, at room temperature

2 eggs

1-1/2 tsp vanilla extract

1 c milk

Preheat oven to 350 degrees F. Butter and flour a 10" tube pan, a 9" springform pan or an 8" square baking pan.

To make the streusel, in a medium bowl, combine the graham crackers, walnuts, brown sugar, cinnamon, cardamom and melted butter. Blend well and set aside.

To make the cake, sift the flour, sugar, baking powder and salt in a large bowl. Add the butter, eggs, vanilla and milk. Beat vigorously until smooth and quite thick, about a minute.

Spread half of the batter in the prepared pan and sprinkle with half the streusel mixture and blackberries. Spoon the remaining batter over the streusel, then top with remaining streusel and blackberries.

Bake until a wood toothpick inserted in the center of the cake comes out clean, about 50 minutes.

Cool about 20 minutes.



Summer afternoon, summer afternoon:
the two most beautiful words in the English language.
Henry James

Cornbread

(adapted from James Beard's Bread Cookbook) *gluten free

I serve this cornbread with chili. It is also good in a cornbread stuffing at Thanksgiving.

Yield: 1- 9" x 9" pan, 9-10 servings

3 ears fresh, uncooked corn (or 1-15 oz can cooked corn)

1 c yellow cornmeal

1-1/2 tsp sea salt

3 tsp double-acting baking powder

1 c sour cream

3/4 c melted unsalted butter

2 eggs, well beaten

1/4 lb (3/4 c) Gruyere or Monterey Jack Cheese, grated

1-4 oz can green chilis, finely chopped

Combine corn kernels with remaining ingredients.

Pour into a well greased 9" square baking dish. Bake in a preheated 350 degree F oven for 1 hour.



Chocolate is cheaper than THERAPY and you don't need an appointment.
G & R Publishing

Crispy Chocolate Chip Cookies

(adapted from the Nestle Chocolate chip package)

Yield: 100 small or 50 large cookies

1 c unsalted butter, room temperature

1 c packed dark brown sugar

1 c granulated sugar

2 eggs, lightly beaten

2 tsp vanilla extract

2 c sifted unbleached flour

1 tsp baking powder

1 tsp baking soda

1 tsp salt

12 oz semi-sweet chocolate chips (Belgian chocolate chips)

1 c coarsely chopped walnuts

Cream butter and both sugars in a large mixing bowl until light and fluffy. Add eggs, milk and vanilla and beat until blended.

Sift the flour, baking powder, baking soda and salt together and add to the butter mixture. Stir just until blended. Fold in the chocolate chips and walnuts.

Preheat the oven to 350 degrees F. Grease the cookie sheets.

Shape the dough into balls using a scoop. Place 2" apart on prepared baking sheets.

Flatten, place 2" apart on the prepared baking sheets. Bake 2" apart on the prepared baking sheets.

Bake until the edges are slightly browned, about 8-10 minutes.



Peacefulness should be the place we begin rather than the place we try to achieve.
Dr. Jerry Jesseph

Grandpa Geoff's Pecan Pie

(from Michelle Hollister)

Yield: One single pie crust shell.

Heat oven to 350 degrees F.

Filling:

3 eggs

1 c organic non-gmo corn syrup

2/3 c sugar

1/3 c butter

1 tsp vanilla

1-1/4 c pecans

Beat eggs lightly in a mixing bowl. Add corn syrup, sugar, butter and vanilla.

Stir well and add pecans.

Put into a pie shell, cover the rim with foil. Bake for 25 minutes then remove the foil and continue baking for another 20-25 minutes (until a knife inserted into the center comes out clean).

Removed and cool on a wire rack.

This was the last food that Geoff ate.



God grant me the serenity to accept the things I cannot change,
courage to accept the things I can, and wisdom to know the difference.
Serenity Prayer Reinhold Niebuhr

Hazelnut Butter Cookies

(adapted from Biscotti by Mona Talbott)

Yield 36 cookies. Geoff ate these for breakfast, after breakfast, lunch and dinner.

36 whole hazelnuts

1-2/3 c unbleached flour

1/2 tsp ground cinnamon

Pinch of sea salt

1 c + 1 Tbsp unsalted butter

2/3 c + 1 tsp granulated sugar

7 oz hazelnuts

3 Tbsp granulated sugar for coating

Preheat the oven to 300 degrees F.

Spread the hazelnuts evenly on a rimmed baking sheet and toast for 10 minutes or until the skins begin to split. While the nuts are warm, place them inside a clean tea towel. Gather the towel into a secure bundle and roll the nuts in a circular motion to loosen and remove some of the skins. Lift the nuts out of the towel, leaving the skin behind and transfer to a food processor. Pulse the toasted hazelnuts in the food processor until coarsely chopped.

Sift the flour, cinnamon and a pinch of salt in a medium-sized mixing bowl.

Cream the butter and sugar until light and fluffy. Add the flour mixture and work the dough until it is even smooth. Gently fold in the chopped hazelnuts without over-mixing the dough. Cover the dough in plastic film and refrigerate for 30 minutes.

Remove the dough from the fridge and form into 36 small balls roughly a 1/2 oz each. Transfer the cookies to cookie sheets lined with parchment paper, leaving 3/4 inch between each cookie. Place 1 whole hazelnut in the center of each cookie and sprinkle them with the remaining 3 Tbsp of granulated sugar.

These cookies are best eaten freshly baked.



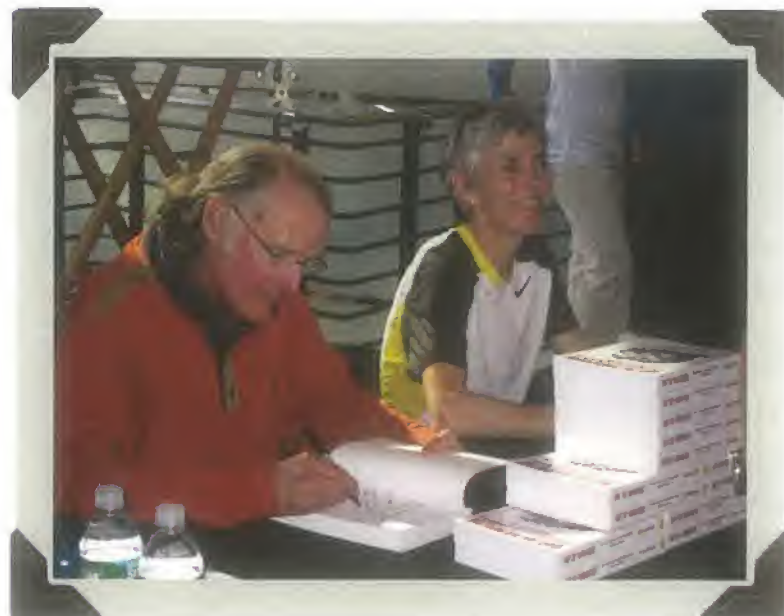
The only ones among us who will be really happy are those
who will have sought and found how to serve.
Albert Schweitzer

Joanie's Chocolate Chip Cookies
(recipe from Joan Benoit Samuelson)

5 c processed oatmeal (quick oats)
4 c unbleached flour
1 c butter, melted
1 c safflower or canola oil
2 c sugar
4 eggs
2 tsp baking powder
2 tsp baking soda
Chocolate chips, nuts to your liking
2 c Ghirardelli semi-sweet chocolate chips
1 c chopped walnuts

Mix everything together with clean hands.
Best to mix before going in the garden.

Bake in 325 degree F oven for 8-10 minutes.



We live, we love, we forgive and never give up
For the days we are given are gifts from above
So today we remember to live and to love.
Superchicks lyrics

Meyer Lemon Pie Filling
(recipe from Kaili Stanton)

1-1/4 c white sugar
3 large eggs
3-3/4 fluid oz of Meyer lemon juice
1/4 c butter melted
1 (9 inch) pie shell, unbaked

Preheat oven to 350 degrees F.

Place sugar, eggs and lemon juice in a blender and blend till smooth, about 3 minutes.

Then pour melted butter into the blender and blend for 30 seconds more.

Transfer lemon filling to the pastry shell. Bake in the preheated oven until filling is just set,
30-35 minutes.

Allow pie to rest until completely set before serving, about 15 minutes.



Live each day to its fullest and without regrets or missed opportunities.
Sara Thurman

Peach Cobbler

(recipe from Paula Deen shared by Sara Thurman)

Serves 8-10

Wine suggestions: Champagne, Ice Wine, Moscato d'Asti

4 c peeled, sliced peaches

2 c sugar, divided

½ c water

8 Tbsp unsalted butter

1-1/2 c self-rising flour

1-1/2 c milk

Ground cinnamon

Preheat oven to 350 degrees F.

Combine the peaches, 1 c sugar and water in a saucepan and mix well.

Bring to a boil and simmer for 10 minutes.

Remove from heat.

Put the butter in a 3 qt baking dish and place in the oven to melt.

Mix remaining 1 c sugar, flour, milk slowly to prevent clumping. Pour mixture over melted butter.

Do not stir. Spoon fruit on top, gently pouring in syrup. Sprinkle top with ground cinnamon.

Batter will rise to top during baking.

Bake 30-40 minutes.

To serve, scoop onto a plate and serve with your choice of whipped cream or vanilla ice cream.



The test of intelligence is not how much we know how to do,
but how we behave when we don't know what to do.

John Holt

Rocky Mountain Chocolate Chip Cookies

(adapted from the Silver Palate)

Yield: 100 small or 50 large cookies

1 c unsalted butter, room temperature

1c packed dark brown sugar

1 c granulated sugar

2 eggs, lightly beaten

2 tsp vanilla extract

2 c sifted unbleached flour

1 tsp baking powder

1 tsp baking soda

1 tsp sea salt

12 oz semi-sweet chocolate chips (I like the Belgian chocolate chips)

1 c coarsely chopped walnuts or pecans

Cream the butter with both sugars until light and fluffy. Add the eggs, one at a time, beat well after each addition. Add the vanilla and beat until blended.

Sift together the flour, salt, baking powder and soda. Add to the butter mixture and stir until blended.

Fold in the chocolate chips and nuts.

Chill the dough for at least 1 hour.

Preheat the oven to 350 degrees F. Grease the cookie sheets.

I use a 1" ice cream scoop to shape the cookies and ensure equal sized dough balls. Flatten with a fork.

Place 2" apart and bake 8-10 minutes.

Remove from the oven and let cool on the sheets for 2 minutes. This allows the cookies to get crisp.

Remove and place on wire racks to cool completely.

Store in a tightly-sealed cookie tin.



To know someone with whom you can feel there is understanding in spite of distances or thoughts unexpressed... That can make this life a garden.
Goethe

Shar's Buttery Pecan Shortbread

(My sister Sharon said that Geoff could not stop eating these at Christmas).

Yield: 2 dozen

½ lb unsalted butter
¾ c firmly packed brown sugar
1 large egg yolk
1 c sifted flour
½ tsp flour
½ tsp salt
*2/3 c chopped pecans (*pecan halves for decorating)*

Preheat oven to 325 degrees F.

Cream butter and sugar. Add egg yolk. Sift flour and salt.

Add to butter mixture and beat well. Stir in chopped pecans. Drop batter in teaspoonfuls.

Press pecan ½ in the center of the cookie.

Bake 12-15 minutes.



Live as if you were to die tomorrow. Learn as if you were to live forever.
Mahatma Gandhi

Shortbread Cookie Fixes

The Young's Shortbread

(Young family recipe)

Yield: 24 cookies

1 c or ½ lb unsalted butter
¾ c sifted icing sugar
2 c unbleached flour
2 tsp cornstarch
1/8 tsp salt

Mix ingredients together. Chill dough for ½ hour. Roll out and cut into shapes.

Bake at 350 degrees F for 20 minutes.

Whipped Shortbread

(Young family recipe)

Yield: 48 cookies

1 lb unsalted butter at room temperature
1 c icing sugar
½ c cornstarch
3 c unbleached flour

Drop off in 1 teaspoonful portions. I use a 1" ice cream scoop. Put a small piece of maraschino cherry on top. Bake at 300 degrees F for exactly 30 minutes.

Pam's Classic Shortbread

(adapted from Canadian Living Magazine, Dec '83)

2 c unsalted butter (at cool room temperature)
1 c icing sugar
3-1/2 c unbleached flour
½ c rice flour

Cream butter well. Blend in sugar, creaming thoroughly. Combine flours and stir in with a wooden spoon. Knead lightly until smooth. Pat dough into 2-9" pans and prick with a fork.

Bake at 275 degrees F for 45 minutes.

Notes from Pam: I chill my dough slightly and roll it then cut it into shapes. I bake mine at 300 degrees F until just turning golden.

Marriage is not a ritual or an end.
It is a long, intricate, intimate dance together
and nothing matters more than your own sense of balance
and your choice of partner.
Amy Bloom

Snickerdoodle Cookies

(recipe from Candi Prizer)

Yield: 24 cookies

8 oz unsalted butter, softened
12 oz sugar
2 eggs
2-3/4 c flour
2 tsp cream of tartar
2 tsp baking soda
1/4 tsp salt
Cinnamon sugar

Cream butter, sugar and eggs.

Sift together dry ingredients.

Mix dry ingredients into wet ingredients. Mix until homogenous. Scoop cookie mix into balls.

Before baking, get cookies wet, then roll them in cinnamon sugar mix.

Bake at 325 degrees F for 5 minutes, then rotate pan for an additional 5 minutes.



I never want to retire from life. From growth. Or from the renewing of my mind.
Oprah Winfrey

Tarte Tatin

(adapted from Pam Williamson's recipe)

Yield: Makes one 10-inch tart or 8 servings

Wine suggestions: Bonnezeaux, Madeira, Muscat

Basic Pastry Dough, chilled

1-1/4 c pastry flour

1 Tbsp sugar

1/2 tsp sea salt

1/4 c cold unsalted butter, cut into 3/4" cubes

3 Tbsp cold vegetable shortening, cut into 3/4" cubes

3 Tbsp ice cold water

Make the dough in a food processor, combine the flour, sugar, salt in the bowl. Pulse to blend. Add the pieces of butter and shortening and pulse until reduced into 1/2" pieces. Add the water a little at a time and pulse until the dough begins to come together as a rough mass.

Remove the dough and wrap in plastic and chill for at least 2 hours. Makes enough dough for a single crust pie.

Top filling:

1/4 c unsalted butter, cut into 4 pieces

3/4 c sugar

5 pcs or 2 lbs Braeburn, Fuji or other baking apple, peeled, quartered lengthwise and cored

Vanilla ice cream for serving

Lightly dust a work surface and rolling pin with flour. Roll out the chilled dough into a 12-inch round, around 1/4" thick. Lift and turn the dough several times as you roll the dough to prevent it from sticking. Dust the surface and rolling pin with additional flour if needed. Use a dough scraper or icing spatula to loosen the pastry if it sticks. Trim the dough into an 11-inch round. Slide a rimless baking sheet under the dough, cover with plastic and chill until needed.

Preheat the oven to 375 degrees F. Select a 10-inch straight-sided ovenproof frying pan (I use my cast iron frying pan). Place it over medium heat and melt the butter. Sprinkle the sugar evenly over the butter and continue cooking until the sugar caramelizes and turns an amber color, about 3-4 minutes. Shake and swirl the frying pan frequently to redistribute the sugar for even melting and caramelization.

Arrange the apples, core side up in the caramel in a snug even layer. Raise the heat to medium-high and cook until the apples are tender, about 15 minutes. The caramel will bubble up around the apples. Remove the pan from the heat. Roll pastry and put on top of apples. Bake 30 mins. Let cool 5 mins. Place a large serving plate on top of the pan, invert together. Lift off the pan. Slice and serve warm with ice cream.



OTHER GOODIES

The manner of giving is worth more than the gift.
Pierre Corneille

Asian Plum/Pear Sauce

(recipe from Michelle Hollister)

Yield: 4-1/2 pint jars

4 garlic cloves, chopped
 1/2 oz fresh ginger, grated
 1 small onion, chopped
 1 c brown sugar
 2 c water
 1/8 c teriyaki sauce
 1 tsp sesame oil
 1 c soy sauce
 1/2 tsp crushed dried chilies
 3 lbs plums or pears
 1 Tbsp lemon juice
 1 Tbsp cornstarch

Add all ingredients in a large pot. Cook and reduce to the consistency that you desire. Boil water in a canning kettle or large pot. Place jars in the boiling water bath for 15 minutes. Serve on fish, it is especially good on grilled fish like tuna.



People are just as happy as they make up their minds to be.
Abraham Lincoln

Duck Tailgate Bloody Maria

(recipe by Jay Hooson)

Makes one hearty drink

1 ½ oz of your favorite tequila
3 oz tomato, V8, or Clamato juice
2 dashes lime juice
½ tsp Worcestershire sauce
½ tsp horseradish (optional)
4-5 drops of Tabasco sauce
Pinch of celery salt
Pinch of black pepper

Moisten rim of tailgate legal cup with lime and dip into salt.
Combine ingredients, give a good stir and add tequila to taste.
Garnish with celery stalk, spicy pickle bean, or cocktail olives.

Go Ducks!



All our words are but crumbs that fall down from the feast of the mind.
Khalil Gibran

Fig Jam

(fantastic served with goat, camembert or brie cheeses, in sandwiches and Phyllo pastry)

We grow figs at our Portland, OR house and one year we were blessed with three harvests of figs.

The next year we had ONE fig.

Yield: 12-1/2 pt wide mouth jars

8 c fresh figs (quartered)
4 c brown sugar
2 c dry sherry
1 c sugar
¾ c red wine vinegar
8 Tbsp minced shallot
4 cloves minced garlic
4 cinnamon sticks
4 tsp peeled fresh ginger
2 tsp sea salt
2 tsp argan oil (Moroccan oil available from specialty food stores)
4 Tbsp grated lemon peel

Bring all ingredients to a boil in a large saucepan. Simmer until the mixture is syrupy and figs are tender. Stir often, takes about 45 minutes. Add water by ¼ cupfuls if the mixture is too thick. Remove cinnamon stick. Transfer mixture to a food processor and pulse until smooth. Mix in argan oil and lemon peel. Boil water in a canning kettle or large pot. Place jars in the boiling water bath for 15 minutes. If you decide not to can these jars, then cover the jam and chill. Bring to room temperature before serving.



If you judge people, you have no time to love them.
Mother Teresa

Mary Lee's Apple Butter
(recipe from Mary Lee Smit)
Yield: 3 cups

2 lbs eating apples (Mary loves Gravenstein apples)
2 lbs cooking apples
1-1/2 c cider
1 tsp ground allspice
1 tsp cinnamon

Coarsely chop the apples without peeling or coring them.
Put the apples into a saucepan, add the cider, bring to a boil.
Simmer, stir occasionally for 25-30 minutes or until the apples are very soft.
Press the apples through a plastic sieve set over a nonmetallic bowl.
Measure the pulp. For each 1/2 c pulp, measure 4-1/2 Tbsp sugar.
Return the pulp to the pan, add the sugar and spices.
Stir over low heat until the sugar has completely dissolved.
Simmer over low heat, stirring frequently for 30 minutes or until the butter thickens to resemble applesauce.
Spoon the butter into warmed sterilized jars, seal and label.
Delicious on toast, muffins, biscuits and with roast pork and ham.



Don't cry because it's over, smile because it happened.
Dr. Seuss

Shar's Peanut Butter Goodness Dog Treats
(recipe from Sharon Young)
Makes 2-1/2 dozen cookies

1-1/2 c whole wheat organic flour
1-1/2 c organic white flour
1/2 c organic crunchy peanut butter
1 c water
2 Tbsp oil

Preheat oven to 350 degrees F.
Combine oil, peanut butter and water. Add flour, one cup at a time, forming a dough. Knead dough into firm ball and roll to 1/4 inch thickness.
Cut into 3 to 4 inch pieces. Place on an ungreased cookie sheet.
Bake at 350 degrees F for 20 minutes.
Makes 2-1/2 dozen cookies.



The summer night is like a perfection of thought.
Wallace Stevens

Spicy Pickled Green Beans

(recipe adapted from Epicurious.com)

We grow green beans at our Portland, OR house and have so many that I chose to can them.

Nelson Farris likes them extra hot and I put 4 chili peppers in the jars for him. These spicy pickled beans enhance a Bloody Mary or Caesar. I also serve them on a platter with salumi, soppressata and castroveltrano olives.

For each 12 oz jar put in:

2 dried hot red chili peppers

1 whole clove of garlic, peeled

A small handful of fresh dill heads or ½-1 tsp dill seeds

½ c white wine vinegar

½ c water

1 Tbsp kosher salt

Green beans (washed, ends trimmed off)

Put the pepper, garlic, dill heads and seeds in the bottom of a sterilized straight sided canning jar. Fill with green beans. Heat vinegar, water and garlic to a boil and fill the jars. Wipe the rims, put on a two-piece lid and fasten the screw bands. Put the jars on the rack in a canning kettle. Bring to a hard boil, cover the pot and process for 5 minutes. Take the jars out and let cool. Let the beans cure for a few weeks. These are great in Bloody Mary's and served on an appetizer platter.



Continue
And by doing so, you and all your dreams
Will be able to continue...Eternally
Maya Angelou

Wisconsin Salsa

(recipe from Kari Rekoske who grows most of her veggies)

Yield: 8 pt jars

12 c tomatoes, peeled and chopped

¾ c brown sugar

1-1/2 c plain or cider vinegar

2 green peppers, chopped

1 red pepper, chopped

3 jalapeno peppers, minced (for super hot salsa, I add 6 jalapeno peppers)

4 large white onions, chopped

5 garlic cloves, minced

2 tsp oregano

1 tsp cayenne pepper

4 tsp kosher salt

2 tsp cumin

1 c cilantro, chopped

Mix all ingredients. Simmer 1-1/2 to 2 hrs until the desired thickness is achieved. Pour into clean glass jars. Store in a cool dark place. Place jars in the boiling water bath for 10 minutes.

Other variations: Add frozen corn or canned black beans right before you are ready to put the salsa into jars.



Shall I compare thee to a Summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling buds of May,
And Summer's lease hath all too short a date.
William Shakespeare

Zucchini Relish

(recipe from Joanie Benoit Samuelson)

Yield: 7 half-pint jars

12 c unpeeled zucchini, grated
5 medium white onions, chopped
1 green pepper, chopped
1 red pepper, chopped
5 Tbsp sea salt
3 c sugar
2-1/2 c cider vinegar
1 tsp curry powder
1 tsp cayenne pepper
1 tsp turmeric
2 Tbsp celery seed
1 tsp mustard seed
2 Tbsp cornstarch

In a large ceramic bowl, combine salt, zucchini, onions, peppers to sit for at least 4 hrs.

Make syrup with sugar, vinegar, mustard seed, celery seed, cayenne pepper, turmeric, curry powder and cornstarch. Make sure the cornstarch is dissolved in the syrup. Bring to a boil and stir frequently so that the cornstarch does not burn.

Drain the zucchini mixture and rinse. Squeeze out any excess moisture. Put the zucchini into the hot liquid mixture and cook 15-20 minutes.

Place jars in the boiling water bath for 20 minutes.

The zucchini relish is especially good with Coconut Chicken curry, any kind of burger and served with scrambled eggs.



September 2012

Dear Friends and Family,

I have been blessed most of my life but never more lucky than when I met and married Geoff in 1993. We were very good to each other and worked as a team. When Geoff was diagnosed with colorectal cancer in 2003, we diligently worked as a team to live with cancer. He outlived the average 2.5 year lifespan and stretched it to nearly 9 years.

I am grateful for all the extra time we had together. We did everything that Geoff wanted to do except go to Cuba. My daughter-in-law Michelle and I will take some of Geoff's ashes and spread them in Cuba.

Geoff encouraged me to write a cookbook and now, 8 months after he left us, I finally put together this compilation of his favorite recipes. Thank you to Tracy and Kaili and their families, my amazing circle of girlfriends, my family, my dogs and especially to Diane Dressler Dean who assisted in the design and layout of Just Cook It.

May you remember Geoff when you cook and enjoy these recipes. A happy tummy makes the heart happy.

In love and gratitude,
Wendy



Photograph Credits (subject, location, {photographer, if known})

- Cover: Geoff and Wendy on the Morgan Express Train, U.K.
- Page 1: Geoff and Samson riding in the Morgan, Sequim, WA. (photographer: Eckhart).
- Page 4: Wendy, Geoff, Sophie and Samson with the Mk II Jaguar, Sequim, WA (photo: Mary Lee Smit).
- Page 5: Sharon and Diana Young, Piazza Navona, Rome, Italy. (photographer: Wendy Hollister).
- Page 6: Wendy, Michele Porter, Jenny Lamott, Jeri Botsford, dogs Sophie and Dexter on the Wildwood Trail, Portland, OR. (photographer: Amy Frazer).
- Page 7: Sage and Jenny Lamott, Sequim, WA. (photographer: Sharon Young).
- Page 8: Wendy, Jody Johnson, Terri Powell at the Deschutes River Trail, Bend, OR. Horses: Stormy and Buddy.
- Page 11: Geoff and Wendy sailing in the Greek Islands. (photographer: Bill Hall).
- Page 12: Bowerman Awards Party, Geoff was the first award recipient, Beaverton, OR. Families: Hollister's, Stearman's, Hall's, Young's, Takashima's, Briggs', Galloway's and Ritchie. (photographer: Anthony Abernathy).
- Page 13: Pat Tyson and Geoff at Kaili and Scott's wedding, Lake Oswego, OR. (photographer: Wendy Hollister).
- Page 14: Geoff at author Ian Fleming's gravesite, Sevenhampton, near London, U.K. (photographer: Wendy Hollister).
- Page 15: Wendy, Geoff and Samson outside the Sequim, WA house under construction. (photographer: Mary Lee Smit).
- Page 16: Bruce Palmer, Nelson Farris, Jack Ralston, Geoff and Bill Hall enjoying a beer, Portland, OR.
- Page 17: Young family photo aboard the Holland America's Zuiderdam, sailing in the Mediterranean.
- Page 18: Geoff sailing in the Greek Islands. (photographer: Marty Hall).
- Page 19: View of the bay from our Sequim, WA home. (photographer: Amy Frazer).
- Page 20: View of our Morgan sailboat Oona Lulu, Prevost Harbor, Stuart Island, WA. (photographer: Geoff Hollister).
- Page 21: Geoff, Wendy, Kari Rekoske dining at Muriel's, New Orleans, LA. (photographer: Randy Adolphs).
- Page 22: Geoff, Wendy and Joachim Discher in London, U.K.
- Page 23: Wendy, Elton John, Geoff at the Matthew Knight Arena, Eugene, OR. (photographer: Scott Daggett).
- Page 24: Geoff with Nike South Africa teammates, Faro, Portugal. (photographer: Wendy Hollister).
- Page 25: University of Oregon Duck team mates outside the Portland Brewery, Portland, OR.
- Page 26: Pam Williamson and Colleen Cattell Atkins, North Vancouver, B.C., Canada. (photographer: John Williamson).
- Page 27: Sequim, WA house. (photographer: Amy Frazer).
- Page 28: Matt Steinlein, Jana Panfilio, Geoff, Christa Panfilio and Wendy, Beaverton, OR. (photographer: Anthony Abernathy).
- Page 29: Geoff at book signing in Frankfurt, Germany. (photographer: Wendy Hollister).
- Page 30: Wendy, Geoff, Sophie and Samson in the Morgan, Sequim, WA. (photo: Mary Lee Smit).
- Page 31: Geoff, Wendy, Jeff and Barbara Galloway dining in Santa Rosa, FL.
- Page 33: Samson (10 wks) and Wendy, West Vancouver, B.C., Canada. (photo: Sharon Young).
- Page 34: Erich Lyttle, Geoff, Bernie filming Bill Rodgers in "There is No Finish Line", Cape Elizabeth, ME. (photographer: Wendy).
- Page 35: Geoff and Wendy sipping Brunello in Florence, Italy. (Photo: Andrea Lonas Lorimor).
- Page 37: Geoff, Lance Armstrong and Joan Benoit Samuelson at the LAF Headquarters, Austin, TX.
- Page 39: Geoff and Tracy driving the Avanti to the Portland, OR.
- Page 40: Will Channing with son Sage and friend, Santa Fe, NM. (photographer: Wendy Hollister).
- Page 41: John Woodman, Geoff, Tinker Hatfield, Steve Bence, Bill Dellinger at Nike Cross Nationals, Portland, OR.
- Page 42: Designing a "Coetez" shoe with Sebastian Coe at the Nike iD studio, Niketown London, U.K.

Page 43: Diana and Simon Yeung in Crete, Greece. (photographer: Wendy Hollister).

Page 44: Geoff at the 100th Morgan event, National Car Museum, Beaulieu, U.K. (photographer: Wendy Hollister).

Page 45: Wendy, Geoff holding Oona and Kaili in Marina del Rey. (photographer: Deb Murray).

Page 46: Geoff, Wendy and Amma in Los Angeles, CA. (photographer: Kaili Stanton).

Page 46: Scott and Kaili Stanton, Geoff, Sam Elliott and Wendy at Park Kitchen celebrating Geoff's 65th birthday, Portland, OR.

Page 47: Samson aboard the 37' Valiant named Kaili. (photographer: Wendy Hollister).

Page 48: Kaili, Tracy, Wendy, Alberto Salazar, Nelson Farris presenting Galen Rupp's race number and Geoff Hollister Athletic Club singlet worn when he broke the U.S. record for the 2 mile, Beaverton, OR. (photographer: Randy Adolphs).

Page 49: Charles Morgan and Geoff Morgan car factory, Malvern, U.K. (photo: Wendy Hollister).

Page 50: Geoff at the Allure of the Automobile show, Portland, OR. (photographer: Wendy Hollister).

Page 51: John Truax, Nelson Farris, Diana Jackson, Joan Benoit Samuelson, Geoff, Wendy, Phil Knight and Jeff Galloway at the 1st annual Bowerman Awards ceremony, Nike World Campus, Beaverton, OR. (photographer: Anthony Abernathy).

Page 52: Diane Dressler Dean and Wendy hiking at Opal Creek, OR.

Page 53: Geoff, Wendy, Sophie and Buddy at the Portland International Raceway, Portland, OR. (photographer: Amy Frazer).

Page 54: Geoff walking Kaili down the aisle, Lake Oswego, OR. (photographer: Wendy Hollister).

Page 55: Geoff and Tracy aboard Kaili, Astoria, OR.

Page 56: Wendy and Geoff at the Niketown Seattle store opening, Seattle, WA. (photographer: Anthony Abernathy).

Page 57: Geoff and Wendy sailing in the Greek Islands. (photographer: Bill Hall).

Page 58: Abi Herriges, Michelle and Tracy in Lake Oswego, OR. (photographer: Wendy Hollister).

Page 59: Abi Herriges mushing in Alaska. (photographer: Michelle Hollister).

Page 60: Geoff and Joan Benoit Samuelson at Out of Nowhere book signing at Niketown Boston. (photo: Wendy Hollister).

Page 61: Scott, Kaili, Oona and Amma in their vegetable garden, Los Angeles, CA.

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Page 64: Wendy and Sharon in the Forum, Rome, Italy. (photographer: Diana Young).

Page 66: Kari Rekoske, Candi Prizer, Diana Young, Pam Garrison at Geoff's Celebration of Life, Beaverton, OR. (photo: Randy Adolphs).

Page 68: Longtime friends at Tom Sumeragi's retirement party, Portland, OR. (photo: Jim Godbout).

Page 69: Geoff and Wendy sailing in Hydra Island, Greece. (photographer: Marty Hall).

Page 70: Jay Hooson, Wendy, Geoff, Dwight with dogs Sophie and Samson. (photo: Mary Lee Smit).

Page 71: Buddy in the first snow of the year, Sequim, WA. (photographer: Wendy Hollister).

Page 72: Mary Lee Smit and Buddy (10 wks old), Sequim, WA. (photographer: Wendy Hollister).

Page 73: Geoff and reindog Samson, West Vancouver, B.C., Canada. (photographer: Sharon Young).

Page 74: Wendy and Geoff in the Bluebell Pub, Malvern, U.K.

Page 75: Wendy, Kari Rekoske, Geoff aboard Oona Lulu, Sequim, WA. (photo: Randy Adolphs).

Page 76: Doris Brown Heritage, Joan Benoit Samuelson, Charlotte Richardson, Beaverton, OR. (photo: Anthony Abernathy).

Page 77: Wendy and Geoff aboard Holland America's Westerdam while cruising in Alaska.

Back Cover: Geoff outside Tiger Woods Conference Center during the shoot of the documentary, "There is No Finish Line". (photographer: Sarah Henderson).